



## **INFORMATIONAL WEBINAR**

### **Falls Prevention**

Our presenters will share information and tips on balance and fall prevention for the aging population as they work to safely navigate their homes and communities.

**This webinar is offered to older adults, caregivers & members of the general public.**

#### **When:**

**March 18th, 2021  
10:30am-Noon**

*This Event is Free.*

#### **Where:**

**Zoom Viewing**

#### **To Register:**

Click Here:

<https://www.agingtogether.org/upcoming-programs.html>

Or go to [www.agingtogether.org](http://www.agingtogether.org) and continue to the "Upcoming Programs" section under the Programs tab. Click on the "Register" button under the event listing.

You will receive an email with Zoom link information specific to this program. Please check your email after you have registered.

## **Our Presenters:**



**Caitlin Carlson, PT, DPT** is a graduate of Old Dominion University and currently works as a Senior Physical Therapist at NHUVA Culpeper Medical Center Physical Therapy and Rehab. Caitlin has clinical experience in a wide variety of patient populations. She is the lead therapist for Parkinson's patients and has been certified since 2014. She has experience in manual therapy and orthopedics with a certification in dry needling. She also treats neurological patients, with special interest in vestibular rehabilitation and concussion therapy.



**Natalia Pigford, PT, DPT** is a graduate of Shenandoah University and currently works as a Senior Physical Therapist at NHUVA Culpeper Medical Center Physical Therapy and Rehab. Natalia has clinical experience in a wide array of areas including orthopedics, sports medicine, performing arts medicine, manual therapy, stroke, spinal cord injury, and aquatics. Natalia is certified in LSVT BIG for Parkinson's Disease, and has completed additional coursework in dry needling for supplementation to treatment when needed.

